A Special Interview with Ori Hofmekler on Iodine

DM: Dr. Joseph Mercola, DO
OH: Ori Hofmekler

Introduction:

DM: Hello this is Dr. Mercola. Today, I’m here with Ori Hofmekler. We’re going to be discussing a really hot topic now in light of the tragedy that’s occurred in Japan. The post-tsunami impact on their nuclear reactors and the fall off from generating radioactive clouds are clearly a problem for Japan, and a potential suggestion of a problem for the United States because this radioactive iodine is going to be coming our way through the winds.

There is a lot of discussion about the use of prophylactic iodine to protect yourself. The general theory is that your thyroid uses iodine to make thyroid hormone. Most people aren’t aware that’s what the thyroid hormone is. It has three or four molecules of iodine in it.

Most people, perhaps as much as 95 percent of the people listening to this, are relatively deficient in iodine, so that they have these unbound receptors. The major danger of that in conventional systems is you’re going to take another halogen and introduce it into your system.

A typical halogen would be fluoride. If you’re drinking fluoridated water, then you could fluoride going into your thyroid, which will impair the thyroid’s function. Or there is bromine, which typically you are exposed to through the ingestion of brominated flour, which means almost all white flour products. So those are the two big ones.

But then additionally, if nuclear reactors blow up and you’re exposed to radioactive iodine that is even more pernicious and acutely toxic that it can cause these cancer issues, then the general strategy is to take prophylactic iodine.

That’s what Ori is going to help enlighten us on, in some of these concerns, and share his views on it. Thank you for joining us.

OH: You’re welcome Joe. I’m very glad that we are talking about this important topic. What I have to say actually sounds like it’s against everything that has been said. I think that there is a panic now that is caused by the nuclear disaster in Japan. We need to focus exactly on what’s going on right now, especially in case of the radioactive iodine.

You gave us a great introduction. The logic behind prophylactic iodine is to load the body with a basic iodine supplement to prevent the binding of radioactive iodine to the thyroid and the cause of thyroid cancer. This theory of loading could maybe be true, and still arguable maybe a hundred years ago. But what happened today is a different story.
Seventy years ago it was assumed that people were deficient in iodine, so they decided to add iodine to our salt. Then they started adding iodine to chicken feed as well as some other animals’ feed.

However, it’s not just iodine that people are using to supplement their thyroid needs. Our thyroid needs iodine. But it also needs selenium, so people have started to take selenium. Part of the idea behind the selenium is that it also is anti-cancerous. In theory all these things are true. The thyroid does need iodine, it needs selenium.

But what happened in real life is that the opposite has happened. What they found 10 years ago was that some people who take selenium actually can become obese. Their systems shoot up metabolically, causing the thyroid numbers to go down, which in turn causes the body’s weight to go up, totally shutting down the thyroid.

What about the other minerals? There are strontium and all the others that are extremely dangerous that also come from radiation. What do you do? Let’s say that I was wrong -- I’m not wrong. I’m certainly not wrong, but what about the other minerals?

DM: The other radioactive contaminated minerals that are part of the nuclear waste or fallout?

OH: You know what is the best protection from these things is, what whole food – is sweet whey.

DM: Let me guess – it’s because it has all the precursors which will help your body produce glutathione which is one of the best ways to detoxify against these toxins.

OH: That is one very good reason. The other one is that sweet whey is a whole whey. It is a native whey, such as the one we put organic sweet whey in -- Miracle Whey. It’s the highest source of all minerals and trace minerals that exist in nature. It has every possible mineral and trace elements that the body needs in the most bioactive form, exactly ready to compound.

DM: That is interesting. I didn't realize that it was such a phenomenal source of minerals and a comprehensive source.

OH: It's the best, including organic sodium. It's the best ever.

DM: Does it have a significant amount of calcium and magnesium?

OH: Everything, yes. Sufficient to cover you. In the case of calcium, I think we are reaching in one serving close to 100 mg and similar with magnesium. Pretty much you cover your basics. But I’m less worried about calcium or where should we get it. Simply increase raw cheese and organic dairy, and you’re already covered yourself.
DM: In what fraction of whole milk is most of the calcium? It’s obviously not in the lactose.

OH: It’s also in the lactose. It appears basically bound to the whey matrix and casein matrix.

DM: So it’s bound to the whey and casein.

OH: Bound to the whey matrix and the casein matrix, especially the cell casing. Calcium salt could appear too.

DM: So when you’re getting a whole food concentrate like whey concentrate, you’re going to get more of the calcium, as opposed to the isolate which would not have the minerals in it.

OH: Isolates have nothing. Isolate has no protection besides causing you acid. When you look for example at the whey that we promote, the grass-fed whey, it combines two wheys. One is the whole whey WPC (Whey Protein Concentrate) 80 percent. But there is also organic sweet whey. The sweet whey is the native whey.

Before we even separate and isolate more protein, it actually contains all the naturally occurring minerals that occur in the raw milk. That’s why it appears in the formula. That’s why we put it in the formula. So what happens now? Your whey is not just providing you the full protection. In my opinion, it also keeps you alkalized. This is one of the only shakes in the world that does not lower your pH. So you have two advantages from this.

But you know what, there are others. I recommend also the option of using rock salt like Himalayan salt. They are some of the best salts in the world because it’s not just sodium chloride. We’ve got all the trace elements there.

DM: What do you think is a better source of minerals, Himalayan salt or whey protein?

OH: Sweet whey hands down.

DM: Really? Not even any comparison?

OH: No comparison. Hands down, it’s just enough. Sweet whey is virtually the same as breast milk. When you have a food that is – it’s probably I would say ovarian or newborn food – it has to provide all the trace elements to the baby, otherwise the baby cannot crawl. All these elements have to be. I never saw any evidence that any baby could grow on rock salt but I saw all the evidence in the world that babies can grow on sweet whey.
**DM:** We're going a little bit on a tangent because the initial purpose of this discussion was to review the concerns for the use of iodine.

Since we’re talking about the whey, one other tangent that I think is important especially for people...you know, I'm a big fan of raw milk and I think you are too as a whole food. For those who are overweight or trying to lose a percentage of body fat. There is a significant amount of lactose in raw milk which can serve to cause relative insulin resistance.

So if you’re seeking to lose weight. I have recently modified my recommendations to not drink raw milk because of the lactose content until you’ll there, and then you can consume it as you need to. I wonder what your feelings are on that.

**OH:** I think that lactose can affect people who are basically sensitive to lactose. The good news is that lactose actually does not really raise your insulin. It’s a very low glycemic food. Lactose does not have a significant effect on insulin. However, what happens in raw milk, you’re right for people who need to lose weight, is the ratio between fat to protein.

**DM:** I was right for the wrong reason.

**OH:** Well, kind of because lactose does in fact provide the essential sugar, galactose, which means if you don’t drink milk or don’t eat cheese – which is very unfortunate because these are great food or don’t use whey – you must get galactose from another source. There are not so many sources. One of them, for example, is arabinogalactan. It’s a certain kind of food fiber that has been shown to be anti-cancerous.

Galactose is an essential sugar. You are brain dead without galactose. Babies cannot grow without galactose. Those who make, for example, soy-based infant food are criminals in my opinion. Galactose essentially doesn’t raise blood sugar much.

**DM:** Dr. Andrew Weil and Dr. Mark Hyman, who are two experts in natural health, would disagree with you, but I'm on your side. I just think it’s atrocious.

**OH:** I totally disagree with them. Anyone who puts soy in a baby is absolutely ignoring the facts of how detrimental it is to them, but that’s another subject. We can talk about it in another time.

The point is the high ratio of fat to protein could attenuate fat loss. I think we agree about it Joe. I don’t think really that fat makes you fat. If you are a healthy person and your meal is low glycemic, fat is not your enemy, but it could attenuate the fat loss.

Sugar will make you fat. Fructose will make you fat. Good fat will not make you fat. It actually attenuates the weight loss. I agree with you. If your purpose is losing weight, whole milk is not the right substrate.
I would say that whey is a better choice because whey lactose is much lower. Sweet whey, even though it has a higher lactose in it than whey protein concentrate, is still not a freaky amount of lactose that you should worry about. I agree with you about the whole milk issue.

There are so many issues that we can discuss. The point is, there is always a panic about something and in this case, it is not justified. Have yourself a good diet. Go down on the food chain. If you can tolerate dairy, eat it. It’s a wonderful defense. Raw milk, organic, raw milk cheese, they’re good. Grass-fed cows and unheated whey are great choice by any means.

For salt, choose Himalayan salt, and do not supplement it with iodine. Stay away from any selenium supplements -- do not do that -- and you’re going to do very well. That’s my opinion.

DM: The other concern that virtually no one is addressing is all the other radioactive minerals. No one is recommending takingenough strontium so you don’t get the strontium receptors.

OH: Nobody recommended the trace elements.

DM: No trace elements at all. So the issue is how do you take a high quality trace element, and there are a lot. There are a fair number of them on the market. but it’s always best in my approach to seek to get your supplements from food, whole foods, not consume(indiscernible 18:00) them in supplements.

Ideally, whole milk would be a great source of it. But as we discussed as sort of a tangent, is that yes, it’s a good supplement but if you’re part of the two-thirds of the United States population that is overweight or has another problem with insulin resistance like diabetes, high cholesterol, or high blood pressure, then you probably don’t want to consider whole milk even though it’s a good source of these nutrients and minerals. But you may want to do a concentrate, not an isolate, like whey protein. The one that you put together -- the whey protein and the Miracle Whey -- is really one of the finest sources of whole protein concentrate.

OH: I think it’s the finest. I’ll tell you now it is the finest. I think it’s impossible to find grass-fed cows today. It is really impossible to find it today.

DM: You say that very convincingly and very authoritatively. Certainly, it could be self serving since you put it together. Why don’t you just share briefly the other reasons that lead you to that vigorous belief that it is in fact the finest.

OH: I know it’s the finest because I have been working here to source grass-fed cows. People say the only grass-fed cows today in the world are found in Australia. But I can tell you that the products from there are all derived from pasteurized milk.
DM: The Australian cows, the supposedly Australian grass-fed cows are really pasteurized?

OH: All of them are (indiscernible 19:36) pasteurized. So if you ever try a non-instantized Australian whey, it’s non-water soluble and it reeks. It doesn’t even taste good. It’s an acid whey. There is even a high suspicion that they are using acid whey in the process.

We talked before about acidity and how bad it is for your body. Our whey is the ultimate. It is derived from pasture-grazed cows which are fed grass usually from April until October. And then during the winter, they are being fed hay and healthy plant foods (indiscernible 20:13). This is actually the standard terms of graze feeding in America.

In America I think the only place that you can find a hundred percent grass-fed cows is maybe in Hawaii, but there are not enough cows to make – there is not enough milk to really make production.

We just actually use a protein which is cold processed, unheated, and not derived from pasteurized milk. It is documented from raw milk. It’s a huge difference. You can notice the difference in the taste, the aroma, and the effect on the body. Our naturally occurring immuno-components are documented. (indiscernible 21:02). They are the highest that exist in the world today. If you ever compare it with Australian whey, if you even look at it, you will find (indiscernible 21:10) we are talking about major differences in hundreds of percents.

It is by all means, the nutrition composition, the formula itself that combines two of the best wheys together. It is the whey protein concentrate (80 percent) which is a whole whey, and then the native whey, the organic sweet whey that we discussed with all the minerals. I don’t see anyone else who did this special formula. So nutrition-wise, taste-wise, it is unmatched.

DM: I think that’s really the brief summary. People now have the knowledge. It’s actually new to me. Prior to this conversation, I didn’t realize -- even though I personally use whey pretty much every day -- I did not realize it was such a phenomenal source of trace minerals. It was a hidden benefit that I was heretofore unaware of. Thank you for updating me on that.

OH: It’s my pleasure. What’s great about it is I personally use it. You personally use it. I really believe in it. My family is using it. It’s just a good whole food.

DM: My friends and family use it too. Life is too short to be trying to find something to earn an income on, rather than just trying to find something that you’re going to use for yourself, personally, that you believe is the finest available. And I suggest people consider using that because that’s what it is. It’s not being done for any other reason
other than to provide a healthy food source to really combat the perniciously typically available foods that push us towards disease and not towards health.

**OH:** Absolutely. We always try to keep it in the most low glycemic possible way, so none of the product has sugar added. Now, we just launched recently this whey chocolate which is another phenomenon.

**DM:** We’re not going to go there because it’s a whole separate discussion. But just to close up, and then we’ll finish, is this maltodextrin. I know you have written about it before, but just to add it to this conversation, briefly describe the difference.

So many people are concerned when they see maltodextrin. Rightly so, it’s inexpensive – cheap actually -- and should be avoided. It’s typically contaminated with MSG and breaks down and raises insulin because it’s not digestive resistant.

But it is really in a polymer that’s resistant to digestive enzymes, so it doesn’t raise insulin. It actually serves as a substrate sort of a pre-fiber material for the benefit – it’s a probiotic. It actually helps the good bacteria. It’s fuel for them, so it helps encourage their growth.

**OH:** I think you said it very well but I can sum it up into a few more words. Regular generic maltodextrin is a complex carbohydrate. It does raise insulin and it has a glycemic load. The other digestive resistant maltodextrin is the one that is in Miracle Whey. It is not a carbohydrate, it’s a fiber – a huge difference.

One is converted into energy and calories, and raises insulin. The other one does not convert to energy. It is not broken down for , and it serves as a fiber. In fact, it’s one of the best water-soluble fibers. There are some studies done on this digestive resistant maltodextrin, of course fermented fiber.

It has shown to yield its outstanding benefit on reducing blood sugar and blood lipids similar to the fiber in oats but oats still has carbohydrates. Here you have no carbohydrates. It is also a probiotic food. It does support friendly good bacteria. So we’ve got a triple-win situation and it tastes good. It doesn’t make you bloated.

**DM:** Typically, tasting good means sugar. You may believe that’s the case when you look at the label because the label identifies carbohydrates. What the label doesn’t distinguish between is the carbohydrate from fibers, which are not digested, like you just mentioned, versus the ones that are simple carbohydrates that breakdown and raise insulin. Even though it says carbs and normally you want to avoid carbs, typically especially processed foods, there is a distinction here that you have to be aware of.

**OH:** It’s a total different animal. What you get here is the difference between an adverse material to some beneficial material. It’s simply a fiber.
DM: When I first became aware of your product I wasn’t aware of the difference. I, like most people, just thought it was the bad maltodextrin. I didn’t know that there were basically two totally different foods.

OH: Miracle Whey as it is right now does not raise blood sugar. It is diabetic friendly. Partly, it’s because of this fiber. This fiber does not raise it. It actually stabilizes healthy blood sugar, it helps lower blood sugar and blood lipids. It’s absolutely a win-win situation. That’s what it does.